

Developmental Milestones

3 - 6 months

Between the ages of 3 and 6 months, your baby should be doing most of these things. If you have concerns, help is available.



Moving - Does your baby:

- ☐ play with his hands?
- ☐ try to reach and hold toys?
- ☐ lift her head and chest when she's on her tummy?
- ☐ hold his head up and steady without support?
- ☐ try to roll over?
- ☐ play with his feet when on his back?



Understanding - Does your baby:

- ☐ recognize familiar objects and people?
- ☐ respond to her name?
- ☐ stop moving and listen to new sounds?
- ☐ smile at faces?



Seeing - Does your baby:

- ☐ make eye contact (look into your eyes)?
- ☐ follow a moving object with both eyes?
- ☐ have clear eyes, not red or watery?



Hearing - Does your baby:

- ☐ turn his head toward sounds (telephone, doorbell, voices)?
- ☐ make lots of different sounds?
- ☐ laugh out loud?
- ☐ use a voice that is not too loud or soft?
- ☐ respond to toys that make noise (squeaky toys and rattles)?

You Can Help Your Baby Develop!

Play

- Take time to play with your baby! Babies love to play with people...hug, touch and cuddle. They need to feel your touch!
- Make silly faces while your baby is looking at you.
- Hold a toy in front of your baby so she can reach for it.

Read

- Read and tell stories to your baby often. Start early!
- Point to and name things in the pictures as you read to your baby.

Talk

- Talk, sing and laugh with your baby. Use different tones of voice: high, low, soothing.
- Hold your baby in front of a mirror. Point to and name eyes, nose, mouth and ears.

Listen

- Listen and respond to your baby's sounds and gestures.
- Comfort your baby quickly.
- Listen to your baby's sounds and say them back.

Respect

- Notice your baby's moods. You will learn when she wants to be fed, cuddled, changed or put to bed.
- Introduce your baby to others as you would any other person.
- Tell your baby what is about to happen such as pick up, bathe, diaper, feed or put in car seat.

As a parent, you know your baby best.

You notice things such as how and when your baby smiles, sits up, walks, talks, or holds a cup. What you are seeing is how your child is growing through different developmental stages.

If you have concerns...

Every baby grows at his or her own rate, but if you have concerns about your baby's development, there is help available in Washington State. Call 1-800-322-2588 for the name of the Family Resources Coordinator in your area. You may also talk with your doctor or local school district.

More information is available at the Infant Toddler Early Intervention Program website: www.wa.gov/dshs/iteip/iteip.html

**Please
Ask**
Babies Can't
Wait.



Infant Toddler
Early Intervention
Program

**CHILD
PROFILE**

**Call Healthy Mothers,
Healthy Babies at**
1-800-322-2588 (voice)
or 1-800-833-6388 (tty)

*This brochure is brought to you by the
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Watch & Help Me Grow



3-6 Months